



Better Choices/Better Health Workshop

Presented by Iowa Healthy Links, Iowa Department of Aging and the Iowa Department of Public Health

Better Choices/Better Health (BC/BH) is an evidence-based wellness program currently being offered to state of Iowa employees who would like to improve their health. Whether it involves lowering blood sugar, becoming more active or decreasing pain and fatigue, Better Choices/Better Health can help you!

BC/BH is taught in a group environment and led by a trained leader. A disease management book and relaxation CD are provided with new topics covered each week. Topics include;

- **exercises and activities to improve flexibility and strength**
- **relaxation techniques to help with fatigue, stress and sleep disturbances**
- **healthy eating**
- **appropriate use of medications**
- **how to effectively talk to your physician and other health care providers**

The first session begins shortly! Space is limited. Workshop details are below. For more information or to register by September 10, contact Jennifer DeWall at 242-5813 or jdewall@idph.state.ia.us

BC/BH Workshop

Tuesdays, Sept 21 – Oct 26

4- 6:30 pm

Lucas Building. Rm 517/518

Cost: ~~\$149.00~~ \$0

Funding from Iowa Department Public Health & Department of Aging will cover the cost for this workshop for the first 20 participants.